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FSH FIRE DEPT. OPEN HOUSE
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corner of Schofield & Garden

New 937th TRG reports for duty at Fort Sam Houston

By Gerry Proctor
37th Training Wing Public Affairs



Courtesy illustration

The 882nd Training Group has been leaving Sheppard Air Force Base piece-by-piece over the past few months. On Oct. 3 at precisely 9:37 a.m., the organization became the 937th Training Group at its new location in nearby Fort Sam Houston.

A new organization under Lackland's 37th Training Wing, the group's mission is to provide mission-ready healthcare personnel by de-

veloping, conducting and evaluating military and medical training. The three training squadrons under the group are responsible for Air Force officer and enlisted medical training as well as the training of De-

See 937TH, P14

Tap into tradition: Oktoberfest opens Friday

By Deyanira Romo Rossell
502nd FSS Marketing

With its roots in Munich, Germany, Oktoberfest is now a worldwide phenomenon with celebrations in several countries including Canada, Mexico and of course, the United States.

The annual Oktoberfest at Fort Sam Houston kicks off from 5 to 11 p.m. Oct. 14 and from noon to 11 p.m. Oct. 15 at the MacArthur Parade Field.

"This event grows in popularity every year," said Terrence Frost, acting director, 502nd Force Support Squad-



Photo by Tiffany Boulez

Bavarian dancing will be just one of the activities on tap during this year's Oktoberfest Oct. 14-15.



Courtesy photo

The SAMMC Consolidated Tower includes a rooftop helipad to facilitate emergency treatment, the only one in the DOD.

New SAMMC tower a new chapter in military medicine

By Maria Gallegos
SAMMC Public Affairs

San Antonio Military Medical Center leaders officially opened their newest addition, the Consolidated Tower, or COTO, during a ribbon-cutting ceremony on Fort Sam Houston Oct. 7.

The addition of the new 760,000-square-foot tower was necessary to provide new clinical and administrative space to accommodate additional patients and employees as part of the 2005 Base Realignment and Closure program.

Maj. Gen. M. Ted Wong,

commanding general of Brooke Army Medical Center and the Southern Regional Medical Command; Maj. Gen. Byron C. Hepburn, commander of the 59th Medical Wing; and Dr. Jonathan Woodson, assistant secretary of Defense for Health Affairs and director of TRICARE Management Activity, were the guest speakers of the event.

"We are nearing the end of a long journey [construction began in 2009], as we write a new chapter for military medicine in San Antonio," Wong said. "This tower is the Army's and Department of De-

fense's newest and most advanced medical treatment facility."

Woodson said that the ceremony meant more than a symbolic gesture; it also symbolized the two services working together to achieve the best military medical center within the DOD.

"While the ribbon cutting today may seem a symbolic gesture, it's really more than that. You're reminding the American people that San Antonio is an example of what can be achieved," Woodson said. "Regardless of chains of

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Editorial Staff

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502nd Mission Support Group
Commander

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Public Affairs Officer
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Editor
Steve Elliott

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Writer/Editor
Lori Newman

Layout Artist
Joe Funtanilla

News Leader office:
2330 Stanley Road
Building 122, Suite C
Fort Sam Houston
Texas 78234-5004
210-221-1031
DSN 471-1031

News Leader Advertisements:
Prime Time
Military Newspapers
2203 S. Hackberry
San Antonio, Texas 78210
Phone: 210-534-8848
Fax: 210-534-7134

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D6 AFAP Update: Progress on top priorities, new process requirements

By Lt. Gen. Rick Lynch
Commander, Installation Management Command

September's Army Family Action Plan review session showed progress on the top-priority 2011 Army AFAP Conference issues, including survivor identification cards and child care fees.

Every month I meet with subject matter experts from across the Army to review the status of issues submitted through the AFAP process to determine if they are achievable. This review session focused on the 16 new issues identified by AFAP delegates during the February 2011 Army AFAP Conference in Arlington, Va.

The top issue identified to senior Army leaders during this year's confer-



ence was issue No. 667, which recommended that ID cards of surviving children with an active duty sponsor annotate both active duty and survivor status.

Surviving family members have been required to present both an active duty ID card and survivor status documentation to receive Survivor services. The requirement for additional documentation often resulted in emotion-

al stress for survivors, as it caused them to relive their loss.

To address this concern, the Department of Defense Human Resources Activity has authorized the use of a "dual status" over-stamp on ID cards of surviving family members. Business processes are now being put in place to ensure correct implementation throughout the Army.

Another AFAP success story is the work toward resolving issue No. 671, which seeks to cap military child development program fees at 25 percent of a Family's total income.

The Army Child and Youth Fee Policy will require that families who pay more than 25 percent of their monthly income for child care be

immediately informed of the financial hardship waiver process and provided information on how to apply at registration. The projected date for this policy change is Nov. 1.

While we are making progress on some issues, such as 671 and 667, others are unachievable due to current fiscal constraints.

As our funding shrinks, we have to be even better stewards of our resources and ask ourselves three fundamental questions: Do we really need it? Is it worth the cost? What are we willing to do without?

These questions must become part of our culture as we move forward in this period of reduced resources. Therefore, the Army now requires

that new issues introduced into the process be accompanied by the estimated cost and a recommendation to offset the cost.

We strongly encourage those who have suggestions for improving the quality of life for the Army community to continue to submit new issues, but with an eye towards how their suggestions can be paid for.

Our bottom line is clear: the Army's commitment to Soldiers and families endures.

How we get to that bottom line changes with our resources. AFAP continues to play a vital role in identifying what is important to the Army community, which is critical to how we decide to make the most of our resources.

News Briefs

Public meeting discusses FSHISD's accountability rating

The Fort Sam Houston Independent School District holds a public meeting at 2:30 p.m. Oct. 25 in the Professional Development Center at 1908 Winans Road. The purpose of this meeting is to discuss the Fort Sam Houston Independent School District's Superior Achievement Rating on the state's financial accountability system.

National Public Lands Volunteer Day at Camp Bullis

Volunteers are needed to spread mulch, move rocks, plant seeds, help slow erosion and learn good Hill Country stewardship techniques from 8 a.m. to noon Oct. 15 at the Camp Bullis hike and bike trail as part of the National Public Lands Day. Dress for outdoor conditions and bring water, snacks, work gloves and sunscreen. Drive through the entry control point on Military Highway and take first right at Wilkerson (first paved road) and proceed to paved parking lot. Tools will be provided. Call 388-2067 or 295-27761 for more information.

2011 Federal Employees Health Benefits Fairs

All Federal employees are invited to attend the upcoming 2011 Federal Employees Health Benefits Fairs. Representatives will be present to discuss different insurance options available to employees for the upcoming year. FEHB open season is from Nov. 14 to Dec. 12.

The first fair takes places from 8 a.m. to 3 p.m. Nov. 3 at the Fort Sam Houston Middle School Teen Center, located at 2515 Funston, Building 251.

The second fair is from 9 a.m. to 3 p.m. Nov. 4 at the San Antonio Military Medical Center, in the Medical Mall, adjacent to the pain clinic.

For more information, call 808-0205 or 221-9638. Federal employees can also go to the Office of Personnel Management website at <http://www.opm.gov/insure/health/index.asp>.

Complete Joint Base Travel Survey; win prizes

The JBSA Origin-Destination Travel Survey is underway. It will identify the travel patterns of military, retiree, and civilian populations at Fort Sam Houston, Camp Bullis, Lackland and

See NEWS, P4

From shooting survivor to METC graduate, trauma turns to triumph

By Lisa Braun
METC Public Affairs

Air Force Staff Sgt. Deondra Parks walked across the stage in the Medical Education & Training Campus auditorium at Fort Sam Houston Oct. 3 to receive her certificate of completion for the Basic Medical Technician/Corpsman Program amid enthusiastic cheers and applause.

She almost had to give up her dream of completing her training nearly as soon as she started, when her life took a tragic turn a year and a half ago. Overcoming that tragedy, she proudly accepted the rolled-up scroll she earned more than others might well know.

The night of April 20, 2010 forever changed Parks' life. She was shot – twice – the victim of a hate crime while studying with two classmates in a coffee shop book store in Wichita Falls, Texas.

The first bullet grazed her



Photo by Lisa Braun

Air Force Staff Sgt. Deondra Parks (center) awaits her turn to receive her certificate of completion during the Basic Medical Technician/Corpsman Program graduation ceremony at the Medical Education & Training Campus at Fort Sam Houston. Parks was enrolled in the program at Sheppard Air Force Base in 2010 but had to drop from training after she was shot. She returned to training in June 2011 at METC where the program is now being taught.

face; the second shattered the bones in her lower leg. One of her companions was also shot.

Parks, a former member of the Air Force security forces, had just started training to become an aerospace medi-

cal technician at Sheppard Air Force Base in Wichita Falls when she was wounded.

Although her training came to a sudden halt that night, Parks worked hard to recover from her injuries so she could

continue where she left off. It was a daunting setback that affected her physically and mentally, but that didn't stop her determination and drive.

"He tried to take away my new beginning, what I was starting for myself," Parks said of the man who shot her. "I knew I'd be back. It was just a matter of when."

Upon waking up after her first surgery following the shooting, she asked now-retired Air Force Gen. Stephen R. Lorenz, then the commander of the Air Force Air Education and Training Command who was at her bedside, not to take away her training slot. He agreed that she could return, when she was ready.

Having endured four surgeries with another in her future and hours of painful physical therapy, Parks neared the breaking point and was ready to give up. With the encouragement of her leadership, family and friends she found the strength to continue.

"She is an example of resilience," said Lt. Col. Troy Roberts, Parks' former commanding officer at the 72nd

See METC, P7

Wilford Hall welcomes Any Baby Can partnership

By Staff Sgt Josie Walck
59th Medical Wing Public Affairs

The Pediatric Clinic at Wilford Hall Ambulatory Surgical Center entered into a new partnership with Any Baby Can Sept. 23.

The organization is a San Antonio non-profit organization that provides assistance for families of children born with a chronic illness, developmental delay, health risk or challenge.

"We view the family and child as part of a dynamic system," said Dawn Dixon, ABC executive director. "Our belief is that every child deserves a chance to live a happy, healthy life. By serving the needs of the family, we serve the child."

ABC will provide information regarding social services,

autism-specific services, community resources, and educational programs for children 0 to 12 years of age. ABC will also provide financial assistance for medical equipment and supplies, rental and utility assistance, food and clothing as funding permits.

Dominique Sanchez-York, ABC case manager, will meet with parents in the pediatric clinic Mondays from 1 to 5 p.m. and Fridays from 8 a.m. to noon. She will perform a comprehensive social assessment to identify goals and develop solutions to problems.

"The services are free and families do not need a referral to Tricare from their primary care manager," said Lt. Col. (Dr.) James Phalen, chief of Developmental Pediatrics, 59th



Photo by Air Force Staff Sgt. Micky M. Bazaldua

Representatives from Any Baby Can (right) discuss their program services with child development and family advocacy staff members Sept. 23 at the Wilford Hall Ambulatory Surgical Center. ABC, a non-profit agency, provides assistance for families of children born with a chronic illness, developmental delay, health risk or challenge through the WHASC Pediatric Clinic.

Maternal/Child Care Squadron.

"We are very happy to offer this service for military families here at Wilford Hall."

For more information about ABC, visit their website at <http://www.AnyBabyCanSA.org> or call 547-3032.

News Briefs

from P3

Randolph Air Force Bases. Target audience is JBSA personnel (active duty, reservists, DoD civilians/contractor), retirees, and dependents 18 years and older. Go to <https://www.surveymonkey.com/s/JBSAsurvey>, complete the survey. Each respondent will receive a coupon for a free cup of coffee at the JBSA AAFES Express stores (formerly known as the Shoppette) and will also be automatically entered into a raffle to win one of three prizes: \$100 Gas Card, \$50 Exchange Gift Card and \$50 Exchange Gift Card.

JBSA Holiday Chorus Open Auditions

The USAF Band of the West is holding open auditions for the Joint Base San Antonio Holiday Chorus. Concerts are 3 p.m. Dec. 17 and 18 at the Edgewood Theatre for the Performing Arts at 607 SW 34 Street. Rehearsals will be weekly in November. For more information, visit <http://www.bandofthewest.af.mil> or <http://www.facebook.com/bandofthewest> or call the audition hotline at 672-5030. Audition dates and places are: Lackland Air Force Base: 9 a.m. to noon and 1 to 4 p.m. Oct. 28 at the Skylark Community Center's Longhorn Room, Building 6576, 1560 Luke Blvd. Call 671-2021 or 3191 for more information. Fort Sam Houston: 9 a.m. to noon and 1 to 4 p.m. Nov. 1 at the Dodd Field Chapel, Rooms 139 and 141, Building 1721, 3600 Dodd Blvd. Call 221-5010 or 5666 for more information. Randolph AFB: 9 a.m. to noon and 1 to 4 p.m. Nov. 2 at the Randolph Arts and Crafts Center, second floor, Building 895, J Street West. Call 652-2788 for more information.

Military Retiree Appreciation Day

Fort Sam Houston Retiree Services hosts the 2011 Military Retiree Appreciation Day from 8 a.m. to noon Nov. 5 at the Eless Auditorium, Building 2841. The event is open to all military retirees and their dependents. For more information, call 221-9004.

JBSA Energy Fair

Joint Base San Antonio and its partners at Defense Transformation Institute and Grainger Industrial Supply are hosting the Joint Base San Antonio Energy Fair at Randolph Air Force Base's Kendrick Club from 10 a.m. to 2 p.m. Oct. 26.

Wiggins heads from ARNORTH to Fort Hood, 1st Army Division West

By Staff Sgt. Keith Anderson
Army North PAO

Fort Sam Houston leaders, service members, family and friends, gathered together to bid farewell to Maj. Gen. Perry Wiggins, deputy commanding general, U.S. Army North, and his wife, Annette, during an Army North Tattoo Ceremony Sept. 30 at the Quadrangle.

Lt. Gen. Guy Swan III, ARNORTH commanding general presented a Distinguished Service Medal to Wiggins and thanked him for his many contributions to Army North and Fort Sam Houston.

"Perry and Annette came to the command in April 2009 and have been instrumental players in moving Army North forward in a host of ways," Swan said.

"Perry's responsibilities span the entire range of this command's unique homeland defense and security mission, from the readiness of the tip of the spear – our defense coordinating officers who are embedded out in the FEMA regions – to the validation of the preparedness of the Department of Defense Chemi-



Photo by Staff Sgt. Keith Anderson

cal, Biological, Radiological and Nuclear Response Forces, to the building of a lasting partnership with our Mexican armed forces comrades."

Swan highlighted Wiggins' work with the DOD's national terrorism exercise, Vibrant Response, his commitment to his fellow Purple Heart recipients and his efforts to restore and improve the grounds in the

Quadrangle.

Swan also thanked Annette for her leadership of the Military Civilian Spouse Club, her work with San Antonio Fiesta 2011 and her many volunteer activities.

Wiggins will assume command of First Army Division West, Fort Hood, Texas. He has served as ARNORTH deputy commanding general since

April 27, 2009.

Established in 2006, DIVWEST has seven brigades with 54 subordinate battalions. In 2009, DIVWEST headquarters moved from Fort Carson, Colo., to Fort Hood, Texas.

"To all my teammates here at Army North, I want to say a special thank you for your untiring dedication and unwavering loyalty to this command," Wiggins said.

"Without your efforts, we could not have accomplished all that we have accomplished these past two years. The outstanding reputation earned by Army North is due, in fact, to your herculean efforts, and I want to personally give you my thanks."

The military tradition of "tattoo," originates in the 17th century when the British Army was fighting in Belgium and Netherlands.

Soldiers often spent their evenings in local taverns. The tradition comes from drummers marching through the streets at curfew to let the Soldiers in the taverns know that it was time to return to the barracks.

The process was called "Doe den tap toe," which is Dutch for "turn off the taps." The name was shortened to "tap toe" and then "tattoo." It has come to mean a military tribute or special ceremony.

National Night Out brings neighbors together

By Deyanira Romo Rossell
502nd FSS Marketing

Sprinkles and gummies mixed for a delicious concoction of fun, fellowship and ice cream sundaes as Lincoln Military Housing hosted events Oct. 4, at its three housing communities on Fort Sam Houston, Watkins-Terrace, Harris Heights and Wheaton Graham in recognition of the 2011 National Night Out.

The nationwide observance is America's night out against crime and according to NNO, it has proven to be

an effective, inexpensive and enjoyable program to promote neighborhood spirit and police-community partnerships in the fight for a safer nation.

"National Night Out is a great event to promote community awareness, safety and it helps make the Fort Sam Houston community a better place to live and work," said Sherick Watkins, a detective who works with Security Forces Investigations on Fort Sam Houston.

Crime fighters and safety role models McGruff, Sparky the fire dog and the NNO

Knight joined forces to entertain the younger neighbors. These symbols of security were a big hit with the children.

"This is a lot of fun," said 10-year-old Sean Lynch, who hit the crayons and coloring pages. "We get to come together and play and have family time together."

The coloring pages provided by D.A.R.E reminded the children to resist drugs and violence. Along with activities and treats, the children enjoyed meeting new friends, while soaring high in a bounce house.



Photo by Deyanira Romo Rossell

Collin Moloney meets the National Night Out Knight while taking part in the community crime prevention event on Fort Sam Houston at the Lincoln Military Housing office.

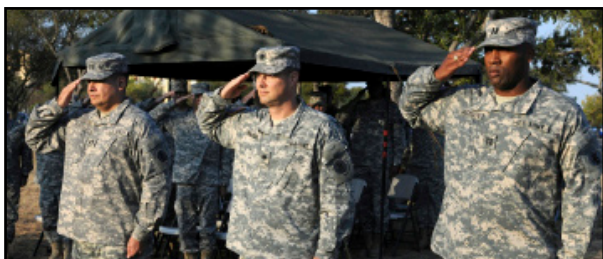


Photo by Sgt. Tamika Exom

(From left) Capt. Juan Talamantes Jr., Lt. Col. Charles A. Walters and Capt. Derrick G. Jackson render salutes during a change of command ceremony Sept. 23. Jackson took command of U.S. Army South's Headquarters Service Company from Talamantes. Walters is the commander of ARSOUTH's Headquarters and Headquarters Battalion.

ARSOUTH HQ Service Company changes command

U.S. Army South's Headquarters Service Company started off the new season with a change of command ceremony held in front of the U.S. Army South Headquarters Sept. 23.

Capt. Derrick G. Jackson took over from Capt. Juan Talamantes Jr. in a ceremony hosted by Lt. Col. Charles Walters, commander of Headquarters and Headquarters Battalion.

"The Soldiers and leaders of this unit are

the best I have ever served within the Army," Talamantes said. "You are all professional and mission focused. I am grateful to have been a part of that."

After attending the Adjutant General's Captain's Career Course, Jackson was assigned to ARSOUTH's Personnel Directorate where he served as chief of well being, Morale Welfare and Recreation and plans officer prior to assuming the company command.

717th MI Battalion changes command sergeant major

By Gregory Ripps
470th MIB Public Affairs

The passing of a ceremonial sword marked a change in command sergeants major for the 717th Military Intelligence Battalion at Lackland Air Force Base Medina annex Sept. 22.

In the change of responsibility ceremony, Command Sgt. Maj. Mark Sinnard succeeded Command Sgt. Maj. Matildo Coppi as the signals intelligence battalion's top noncommissioned officer.

Lt. Col. Joseph Kushner, battalion commander, recognized Coppi's service, noting that since he became commander on July 28, Coppi had provided "that expert council that all commanders rely on."

Kushner welcomed

Sinnard, saying he brought "years of experience, a wealth of knowledge and a great sense of responsibility" to the battalion.

Coppi, a 20-year Army veteran, has served in a variety of NCO leadership and staff positions. Before coming to the 717th MI Battalion, he served as combined intelligence operations sergeant major while deployed in support of Operation Iraqi Freedom.

In his farewell remarks, Coppi asked the battalion's senior NCOs to remember three fundamental questions Soldiers have: "Do you believe in me? Are you committed? Can I trust you?"

He explained that if senior NCOs can answer these questions positively in word and deed, then they can help Soldiers



Command Sgt. Maj. Mark Sinnard (center) receives the sword symbolizing his authority as command sergeant major of the 717th Military Intelligence Battalion from the battalion's commander in a change of responsibility ceremony on the Lackland Air Force Base Annex Sept. 22.

Photo by
Gregory Ripps

"not to succeed, but to excel."

"The Army is the strength of the nation," Coppi said. "The Soldier is the strength of the Army. And family and friends are the strength of the Soldier. I've been successful because of my family."

Sinnard joined the Army in 1982 and served in a multitude of combat and operational deployments, including Operation Urgent Fury (Grenada); Operations Desert Shield and Desert Storm; Operation Provide Comfort; and Operation Iraqi Freedom (twice).

'FROGS' AT FORT SAM HOUSTON ELEMENTARY



Photo by GERALYN SMITH NOAH

Mary Jane Rodriguez of the U.S. Army Environmental Command's Environmental Technology and Technical Services Division reads "Frogs from Space" to Fort Sam Houston Elementary School students Sept. 29. Eight USAEC volunteers read stories to approximately 84 students during the Fall Reading Day Program at the school library as part of the command's Adopt-A-School program.

IMCOM ON THE RADIO



Photo by SHAYNA BROUKER

U.S. Army Installation Management Command Sgt. Maj. Neil Ciotola speaks with Mark Frye, host of 930 AM KLUP's radio show "Military City, U.S.A." Oct. 1. Ciotola discussed why he first joined the Army, the highlights of his 36-year career, advice for young people interested in an Army career and the IMCOM mission. "I want to tell the IMCOM Family I'm so goldarn proud of them. There isn't anything they can't do for this country," said Ciotola, who is retiring from the Army Nov. 17. "They possess the capacity and the measure of selflessness which is a model for everyone in the world." The radio show airs Saturday mornings and features San Antonio military leaders. A recording of the broadcast is available at <http://militarycityusaradio.com/?p=819>.

IMCOM commander shares experience with UT cadets

By Keith E. Smith
IMCOM Public Affairs

Lt. Gen. Rick Lynch, commanding general of the U.S. Army Installation Management Command and assistant chief of staff for Installation Management, visited with cadets from the University of Texas' Army ROTC Battalion at the Austin campus Oct. 6.

Lynch answered questions from the cadets and offered up advice to the young students and future Army officers.

"You're being given a wonderful opportunity to serve as a leader," Lynch said. "We expect you to adapt and innovate."

After sharing experiences from his 35-year military career, Lynch stressed the importance of finding a work-life balance.

"What lasts is your family," Lynch said. "At the end of the day you're going to take off your uniform, but you'll always be the husband of your wife or the wife of your husband and the parent of your children."

Lynch outlined expectations for the cadets and encouraged them to be morally upright and to have unimpeachable integrity.

"You're going to embark on a career much like your current peers, where you're going from a university setting probably straight into combat," said Lynch. "From day one you have to be the moral compass."

The visit gave the college students a chance to hear directly from one of the Army's senior leaders.

"Focus on the family and prepare for combat



Photo by Keith E. Smith

Lt. Gen. Rick Lynch, commanding general of the U.S. Army Installation Management Command, met with cadets from the University of Texas's Army ROTC Battalion Oct. 6 during a visit to the campus in Austin.

operations," said Lynch. "I'm convinced that you can do both."

The general encouraged the cadets to surround themselves with competent subordinates and to learn how to delegate while taking care of their units.

"The only way you take care of them is be

down there with them and to look down not up," Lynch said. "If you take care of them, they'll take care of you."

"Make sure they're properly trained, equipped and well-led," he said. "You as a tactical leader have to know how to take

the risk, how to assess the risk and how to mitigate the risk."

"You learn from people that have been there," said cadet Margarita Fox, after hearing tips on how to become a better leader. "Don't lose yourself in the Army, but make the Army part of yourself."

METC from P3

Security Forces Squadron.

Several times during physical therapy it did not look like her legs would recover enough.

"That was her biggest challenge," recalled Roberts. "She never let this challenge get in her way."

Parks' request to keep her training slot was fulfilled when she arrived at METC in June to start again.

"Parks was a leader and mentor to the first term airmen in class," said Staff Sgt. Dorcas Stokes, one of Parks' Basic Medical Technician/Corpsman Program instructors at METC. "She was an awesome class leader. Wish there were more like her."

At her graduation Oct. 3, Parks told the crowd in the auditorium, "Almost everything we learned in [METC] I've experienced firsthand. The training I learned in the security forces, my training in the Air Force, is why I'm here today."

"I finished something I started and have a new goal," she said. "I feel complete."

SAMMC from P1

command and the color of our uniforms, we have leaders with passion and the commitment to work together.”

“We must thank the Air Force and Army medical personnel who will now, through their dedication to duty and teamwork, transition this physical structure into a premier military medical center,” Hepburn said.

“This center will excel in the years ahead because of the Air Force and Army medics working together as true wingmen and battle buddies.”

The new state-of-art tower provides an additional 102 inpatient beds and includes expansions to the emergency department and the U.S. Army Institute for Surgical Research Burn Center; new and additional locations for outpatient clinics; intensive care units, a be-

havioral health inpatient unit, and nursing units, as well as 15 operating rooms and additional administrative space.

The tower includes a rooftop helipad to facilitate emergency treatment, the only one in the DOD, the only DOD Bone Marrow transplant unit and hematology/oncology clinic.

With the addition of the tower, SAMMC becomes the largest inpatient hospital in the DOD, the only DOD Burn Center and the only DOD Level 1 trauma center in the United States.

SAMMC services include 425 staffed inpatient beds (116 ICU beds and 309 ward beds); 32 operating rooms for inpatients and ambulatory surgery; a Level 1 trauma/emergency room; medical, pediatric and surgical subspecialty clinics; primary care; labor/delivery/recovery ward;



Photo by Maria Gallegos

Participating in the ribbon cutting and opening of the new Consolidated Tower Oct. 7 at the San Antonio Military Medical Center were (from left), Brooke Army Medical Center Command Sgt. Maj. Marshall Huffman, BAMC commanding general Maj. Gen. M. Ted Wong, Dr. Rebecca Hooper, retired Col. Bobby and Joy Moore, Sgt. Ariel Foster, Air Force Surgeon General Lt. Gen. Charles B. Green, U.S. Rep. Lamar Smith, Assistant Secretary of Defense for Health Affairs Dr. Jonathan Woodson, Army Surgeon General Lt. Gen. Eric B. Schoomaker, Airman 1st Class Vito Torres, Lt. Col. Kelly Halverson, Evan Halverson, Laurie Halverson, 59th Medical Wing commander Maj. Gen. Byron Hepburn and Chief Master Sgt. Corey Glover. The new 760,000-square-foot tower will provide a seven-story inpatient bed tower, four-story ancillary care center, and three-story outpatient clinical and administrative space.

adult, neonatal and pediatric intensive care units; bone marrow transplant unit and hematology/oncology clinic and cardiovascular, maternal-fetal, battlefield health and trauma centers of excellence.

“The new construction at SAMMC provides us state-of-the-art facilities and equipment which will enhance patient care,” Wong said.

“It’s the people who make our organization strong ... dedicated and

talented Army, Air Force personnel and civilian staff,” Wong added.

“Together, with General Hepburn and our teammates from Wilford Hall, we will continue to provide the highest quality patient-centered

healthcare in a safe and caring environment that best serves our deserving patients ... the nation’s Soldiers, Sailors, Airmen, Marines and Coast Guardsmen; their families and retired service members.”

3 x 4.75 AD

3 x 9.75 AD

3 x 4.75 AD

TRICARE investigates beneficiary data breach

By Donna Miles

American Forces Press Service

The TRICARE Management Activity is reviewing its data protection policies and procedures in the wake of a data breach involving personal health information of an estimated 4.9 million military clinic and hospital patients.

The breach potentially affects patients who received care or filled pharmacy prescriptions in San Antonio-area military treatment facilities from 1992 through Sept. 7, 2011, TRICARE spokesman Austin Camacho reported.

Other beneficiaries who received care elsewhere, but whose laboratory workups were processed in San Antonio military treatment

facilities, also could be affected, he said.

Science Applications International Corp., a TRICARE contractor, reported the data breach Sept. 14. Backup tapes from an electronic health care record the military health system used to capture patient data since 1992 were lost, Camacho said.

The exact circumstances of the loss are part of TRICARE's investigation, he said. Those results are expected to be published as soon as possible.

The tapes may include Social Security numbers, addresses and phone numbers, as well as personal health data such as clinical notes, laboratory tests and prescriptions, he said. No financial data such as credit card or

bank account information is included.

Despite the information involved, TRICARE officials estimate the risk of harm to patients to be relatively low.

"Reading the tapes takes special machinery. Moreover, it takes a highly skilled individual to interpret the data on the tapes," Camacho said. "Since we do not believe the tapes were taken with malicious intent, we believe the risk to beneficiaries is low."

As TRICARE officials investigate the incident, they plan to notify everyone whose personal information may have been involved in the breach, Camacho said.

TRICARE and SAIC are working together to come up with that list of names, but because of

the number of people potentially affected and the need to review multiple databases, Camacho said, individual notifications could take four to six weeks.

In the meantime, TRICARE officials encourage people who suspect they were affected by this incident to take steps outlined on the Federal Trade Commission website to protect their personal information. They also can monitor their credit and place a free fraud alert on their credit for 90 days using the FTC website.

Concerned patients may contact the SAIC Incident Response Call Center at no charge, Monday through Friday from 9 a.m. to 6 p.m. Eastern time at 855-366-0140.

FSHISD WEEKLY CAMPUS ACTIVITIES OCT. 17 - 22, 2011

Fort Sam Houston Elementary School

Oct. 17

National Bus Safety Week
Character Counts Week –
Trustworthiness, wear blue

Oct. 18

Character Counts Week –
Responsibility, wear green

Oct. 19

Fall GATE meeting, 6-7 p.m.
Vision and Hearing Screening
Character Counts Week –
Fairness, wear orange

Oct. 20

Character Counts Week –
Caring, wear red

Oct. 21

Character Counts Week –
Citizenship, wear purple

Robert G. Cole Middle and High School

Oct. 16

JROTC Corpus Christi Drill Meet

Oct. 17

Cole H.S. Hispanic Heritage Month
Celebration, 4-6 p.m.

Oct. 18

TAKS ELA re-test 12th grade only
Varsity Volleyball vs Nixon Smiley at
Nixon Smiley, 5 and 6 p.m.

Oct. 19

Student Picture retakes, grades
6-11th
TAKS Math re-test 12th grade only
XC at Bandera

Oct. 20

TAKS Science re-test 12th grade only
Jostens on site to take orders for
cap, gowns and announcements
during HS lunch
JV Football vs George West at Cole,
6 p.m.

Oct. 21

Cole MS Halloween dance in MS Mall
Cole MS PBIS Nine Weeks Celebration
TAKS Social Studies re-test 12th
grade only
Varsity Football vs George West at
George West, 7:30 p.m.
Varsity Volleyball vs Luling at Luling,
4:30 and 5:30 p.m.

Oct. 22

Senior Pictures by appointments only,
schedule through Mrs. Baker

3 x 4.75 AD

3 x 4.75 AD

6 x 4.75 AD

Breast Cancer Awareness ... by the numbers

By Susie Ferrise, RN
 Surgical Oncology Nurse Case Manager
 San Antonio Military Medical Center

This year an estimated 230,480 new cases of invasive breast cancer and approximately 57,650 new non-invasive breast cancers (the earliest form) will be identified in the United States.

Approximately 39,520 will die from the disease. While the incidence of breast cancer is rising, the number of deaths is decreasing. This can probably be attributed to increased awareness, better screening methods and superior treatments.

The most significant risks for developing breast cancer are gender and age. In fact besides being a woman, the second biggest risk for

developing breast cancer is age. As a woman gets older her risk for developing breast cancer increases and by the time she is in her 80's her risk has increased to 1 in 8.

Currently, there is no known prevention for breast cancer. Early detection and prompt treatment are the keys to winning the fight against breast cancer.

Statistics show that breast cancer is more curable than ever before when detected early. All women should protect themselves and learn the recommended three-step approach to good breast health.

The three steps to early detection include:

- Monthly breast self exam,
- Yearly clinical breast exam by a physician or nurse practitioner,

- Mammograms as recommended.

The first component of this early detection program is screening mammograms. Women should get an annual mammogram beginning at the age of 40.

A mammogram is a safe, low dose X-ray of the breast tissue. Most women will only need screening mammograms.

If a suspicious area is identified additional films or a diagnostic mammogram may be required. If a woman has a family history of breast cancer she should discuss with her physician the possibility beginning screening mammograms at an earlier age.

Additionally, women should obtain an annual clinical breast exam from their health care pro-

vider. This should be done along with other tests that are required to monitor a woman's health.

While monthly breast self exam is no longer emphasized in an early detection program, women are advised to be familiar with their own individual breast anatomy. Becoming familiar with how your breasts feel and look may be an important factor in the early diagnosis of breast cancer.

Not all lumps or tumors are cancerous but all new or unusual lumps should be checked by your physician. A physician, through nationally recommended guidelines, will perform a series of tests including biopsy, to rule out the possibility of cancer.

For more information, call 916-4212.



There's no excuse not to get a mammogram

By Susie Ferrise, RN
 Surgical Oncology Nurse Case Manager San Antonio Military Medical Center

There are many reasons some women may not be getting routine mammograms.

Some complain of discomfort during the procedure, some don't have the time and other women are worried about the cost.

In one recent survey, the most common reason women gave for not getting a mammogram, believe it or not, is that they just "didn't think about it."

Scheduling a mammogram the San Antonio Military Medical Center has just gotten easier! SAMMC has recently implemented a very

easy, user-friendly self-referral policy for mammograms.

Women can now call and make their appointments for a screening mammogram without a providers' referral.

If your primary care manager is within the Southern Regional Medical Command, you are at least 40 years old and due for an annual mammogram and you are not currently experiencing any breast symptoms, you can call and schedule your appointment. The direct line for scheduling is 916-3726 or 916-4229.

Additionally, in observance of National Mammography Day, the Women's Imaging Clinic at Brooke Army Medical Center will be open

to provide screening mammograms on a walk-in, self-referral basis.

The clinic will be accepting walk-in patients from 7:30 to 11 a.m. and 1 to 5 p.m. Oct. 14. The Women's Imaging Center is located on the first floor of the hospital.

Think about it! Mammograms play an important role in the early detection of breast cancer.

A regular mammogram is the one thing a woman can do to lower her chances of dying from breast cancer and yet recent statistics show that less women are getting mammograms then last year.

Recently, the American Cancer Society reported that the rate for annual mammograms is down by 1.8 percent. This translates into

millions of women who are not receiving this valuable preventive screening exam.

The second-leading cause of death in American women is breast cancer. The American Cancer Society reports that approximately 220,000 women will be diagnosed this year with breast cancer and about 40,000 women will die from the disease.

Breast cancer, if found early, has a five-year survival rate of 96 percent.

For more information regarding breast health and early detection, call 916-4212. To schedule your mammogram, call the Women's Imaging Center at 916-3726.

Breast cancer patients at higher risk for melanoma

With Breast Cancer Awareness Month now underway, the Skin Cancer Foundation aims to alert breast cancer patients and survivors that they have an increased risk of developing melanoma, the deadliest form of skin cancer.

Research has shown that genetics may play a role – for women carrying a specific breast cancer susceptibility gene, the presence of abnormalities in the gene doubles the risk of melanoma.

The Skin Cancer Foundation recommends the following skin cancer prevention tips for breast cancer patients and survivors:

Beware of photosensitivity. Photosensitivity is an increased sensitivity or abnormal response of the skin to sunlight or artificial ultraviolet (UV) light; people with photosensitivity are at increased risk of developing skin cancers. Photosensitivity can be caused by certain medical conditions and treatments, and breast cancer patients should find out if their treatments could make them photosensitive.

If so advised by their physicians, breast cancer patients should be especially careful to seek shade and stay out of direct sunlight between 10 a.m. and 4 p.m., the sun's most intense hours; wear sun-protective clothing, including wide-brimmed hats and UV-blocking sunglasses; and apply a broad-spectrum

(UVA/UVB protection) high Sun Protection Factor sunscreen. SPF 30 or higher is advisable for photosensitive individuals.

Be screened. The Foundation recommends that people at high risk of melanoma and other skin cancers undergo frequent full-body skin screenings by a physician—once a year or more often as your physician advises.

Perform self-exams. Self-exams are also important. Performed regularly (monthly is ideal), self-examination can alert you to changes in the skin and aid in the early detection of skin cancer.

Because skin cancers can vary in appearance, it is important to be on the lookout for early warning signs.

Melanomas, for instance, often resemble moles. Look especially for skin changes of any kind, such as color changes or growth, and do not ignore a suspicious spot simply because it does not hurt.

Skin cancers may be painless, but dangerous all the same. See a physician, preferably one who specializes in diseases of the skin, if you note any change in an existing mole, freckle, or spot or if you find a new mole with any of the warning signs of skin cancer.

For information on performing self-exams and what to look for, visit <http://www.skincancer.org/Self-Examination/>.

“I am the poster child for mammograms. My cancer was completely found on a routine mammogram. Four different doctors could not feel my lump,” said Kellie Trombitas, diagnosed at age 52 and still going through the treatment process.

“I was very, very surprised when I found out I had breast cancer. I felt I was a healthy person. I ate well. I exercised well.”

“Everyone is so supportive, especially my husband, he is absolutely, 100 percent there to support me.”

“The earlier you are diagnosed the better chance you have for a good outcome. Early detection is the key.”

Donna Downen was 56 years old when she was diagnosed. She is six years cancer free.

“My initial reaction was complete and utter shock. I had biopsies and stuff before and it was always nothing. But, this one, it was like, ‘cancer, oh my God.’”

“With support from friends and family you can get through anything. Don't let it overtake you, and overwhelm you, because it is so easy for that to happen.”

NATIONAL BREAST CANCER AWARENESS MONTH

Nine years ago, Connie Cummings was 56 years old when she found a small lump in her breast. She did not seek treatment immediately she waited until her regular mammogram appointment, about a couple of months later. Cummings volunteers at the Women's Imaging Center and shares her experience with other patients to give them comfort.

“Do not put off going to the doctor. Immediately make an appointment, do not wait.”

“Know your body. If you know your body you will know when something is not right.”

40-year-old Air Force Master Sgt. Sherri Nel said her first reaction was “this is very inconvenient.”

“I have developed a whole lot of patience.”

“It is absolutely no joke. It's not something you can put off to the side or on the back burner for anything.”

Breast Cancer Q&A

Q: What is cancer?

A: Cancer is a disease that occurs when cells become abnormal and divide without control or order. Each organ in the body is made up of various kinds of cells. Cells normally divide in an orderly way to produce more cells only when they are needed. This process helps keep the body healthy. If cells divide when new cells are not needed, they form too much tissue. This extra tissue, called a tumor, can be benign or malignant.

Benign tumors are not cancer.

Eighty percent of all breast tumors are benign. They can usually be removed, and, in most cases, they don't come back. Most important, the cells in benign tumors do not invade other tissues and do not spread to other parts of the body. Benign breast tumors are not life-threatening.

Malignant tumors are cancer.

The cancer cells grow and divide out of control, invading and damaging nearby tissues and organs. Cancer cells can also break away from the original tumor and enter the bloodstream or lymphatic system. This is how breast cancer spreads and forms secondary tumors in other parts of the body. This spread of cancer is called metastasis.

Q: What is breast cancer?

A: Breast cancer is cancer that forms in tissues of the breast, usually the ducts (tubes that carry milk to the nipple) and lobules (glands that make milk). It occurs in both men and women, although male breast cancer is rare.

Q: How many new cases of breast cancer were estimated in the United States in 2009?

A: According to the American Cancer Society (ACS), an estimated 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the United States last year. Approximately 1,910 new cases are expected in men. The ACS also reports that an estimated 40,610 breast cancer deaths are expected in 2009 (40,170 women, 440 men).

Q: How common is breast cancer in the United States?

A: Breast cancer is the most common cancer in women, aside from skin cancer.

Q: What is advanced breast cancer?

A: Breast cancer is considered advanced when it has spread from its original site to distant areas of the body. Physicians will look at a number of factors to determine the stage of breast cancer, including tumor size, lymph node involvement, and whether the cancer has spread to other areas of the body. Once the stage of the disease is determined, there are two different ways advanced breast cancer can be classified: locally advanced or metastatic.

Q: What is locally advanced breast cancer?

A: The term locally advanced breast cancer indicates that the cancer is large (greater than 2 inches) or may have spread to other nearby tissue, such as underarm lymph nodes. Locally advanced breast cancer is considered Stage III, and if it is operable, it is referred to as Stage IIIA.

(Source: National Breast Cancer Awareness Month, <http://nbcam.org>)

937 from P1

partment of Defense medicals to support worldwide warfighter capabilities.

The move from Wichita Falls, Texas, to San Antonio was part of the 2005 Base Realignment and Closure Commission law, which required the consolidation of medical training for all service branches at Fort Sam Houston.

The intention of the decision was to improve training efficiencies by sharing the training resources throughout the military branches at one location.

"This is an exciting moment in time for the group and for the wing," said Col. Eric Axelbank, commander of the 37th Training Wing.

"We have this opportunity to infuse our vision of the training standard of excellence across a broad array of technical training

courses," Axelbank said.

"We are building a solid foundation for the future of Air Education and Training Command that is leaner, more combat focused and vectored to meet the demands placed on tomorrow's Air Force.

"I look forward to partnering with the Medical Education and Training Campus in producing the highest quality mission-ready healthcare personnel," Axelbank added.

People are also a consideration and, as with any decision of this magnitude, the workforce went through changes.

Of the 56 civilians assigned to the group at Sheppard, two transferred to San Antonio to continue to serve with the group, bringing more than 50 new civil service jobs to hire from the San Antonio community.

With nearly 400 military personnel assign-

ments and an average daily student load of over 1,500, the training group brings nearly 2,000 new consumers to the San Antonio economy.

Col. Lista Benson, commander of the 882nd Training Group, believes the move and transition to the training wing, while a tremendous undertaking, is an opportunity to build strength in the group's mission as it moves into the future.

"We built a very strong leadership, training and support staff. We are meeting the challenges of integrating the Air Force component of the service medical training consistent with the 37th Training Wing's vision of training excellence," said Benson. "I think this is an exciting time for Air Force medical training as we explore our potential and take advantage of our position as the newest addition to the Air

Force's largest training wing.

"We are competitive by nature and look forward to making our mark as we move into the future," she added.

That future has a history spanning decades and one can only say, "Welcome home."

The training group's roots are traceable to the earliest moments in history when aviation took hold as something of interest to the U.S. Army. Aerospace medicine was in its infancy but the Army saw a need for it as a specialty in military medicine.

In 1942, the group's home was nearby Kelly Field at the San Antonio Aviation Cadet Training Center. There were more moves ahead as Air Force medical training sought to bring coherence to the many medical training courses it taught in various loca-

tions around the country, including Randolph Air Force Base, Brooks AFB and Fort Sam Houston.

It wasn't until after the establishment of the U.S. Air Force as an independent service in September 1947 that Air Force medical training would unite many, but not all, of its training courses at Gunter AFB in Montgomery, Ala.

On Oct. 16, 1950, October 1950, Air Force medical training would exist as an organized unit.

The winds of change were not tempered by the success of the group at Gunter AFB. Air Force medical training, despite the intentions of centralizing it, was still organizationally fractured with elements of training occurring at scattered locations around the country. They simply outgrew the facilities at Gunter and had to find a new home.

In early 1966, the group pulled up stakes and moved to Sheppard AFB, its home for 45 years.

The group went through many periods of expansion and contraction over those years as the demand for medical personnel changed with the nation's needs to support the war in Vietnam, adding medical support capabilities to transfer and realignment of missions.

The group always adapted to the dynamic environment and never faltered in fulfilling its charter of graduating quality Airmen.

The medical training group, though located on Fort Sam, joins four other training groups under the 37th TRW at Lackland, reinforcing the 37th TRW's status as the largest wing in the Air Force with more than 14,000 personnel assigned.

Officials aim to manage TRICARE costs, preserve future benefits

By Army Sgt. 1st Class
Tyrone C. Marshall Jr.
American Forces Press Service



Modest increases to certain aspects of military health care will help to responsibly manage costs and ensure benefits for future service members, the assistant secretary of defense for health affairs said Oct. 3.

“The truth of the matter is the spiraling cost of health care requires us to adjust some fees and co-pays – fees and co-pays that really have not been adjusted since the TRICARE program was put into place in 1994,” said Dr. Jonathan Woodson. “This allows us to responsibly manage our costs while providing access to high-quality care and ensuring the benefit is there for those

that might serve in the future.”

Effective Oct. 1, military retirees enrolling in the TRICARE Prime health plan began paying slightly higher annual fees, Woodson said.

“The [TRICARE Prime] fee increases for an individual has only gone up, essentially, \$2.50 a month,” he explained. “And for a family, \$5 a month. [The] total cost is really modest in terms of the overall cost of the entire year.”

Those enrolled before Oct. 1, however, won’t see an increase in cost

until fiscal 2013, he added.

Woodson said two groups of TRICARE beneficiaries would not experience any increases: people who are medical-

ly retired and survivors of deceased active duty sponsors.

Defense Department officials recognize the potential concerns regarding fee increases during tough economic times, he said.

“We understand, particularly in the current economy and set of fiscal realities, any increase in [out-of-pocket] costs would cause some concern,” he said. “But I would remind everyone there have been no fee increases since 1994.”

Woodson also noted that not all co-payments

and fees have risen.

“There have been some adjustments in co-pays,” he said. “In one category, actually, the fees have gone down, so [for] those individuals who have mail-order pharmacy benefits [and] previously paid \$3 for generic drugs, that fee will go away.”

Beneficiaries will see modest increases in other co-payments for brand-name drugs, particularly at the retail level, which will go from \$3 to \$5, he explained. Nonformulary drugs will rise from \$22 to \$25 for both retail and mail-order pharmacies. For brand-name drugs, the cost will remain the same – \$9 for the mail order pharmacy.

Another potential concern Woodson addressed was staff reduction.

“It will not affect the care, and it’s important to note that while we’ve been talking about adjustments in fees and co-pays, that is really part of a real comprehensive strategy to manage our cost,” he said. “We’ve taken a look at the administrative costs of TRICARE and reduced the numbers of so-called full-time employees and contractors to reduce the cost before getting to the point of increasing the fees.

“But none of this will decrease the service or the quality of care that beneficiaries will expect and receive,” he added.

The health affairs chief also said the department has taken a very “modest posture on the current recommendation and rollout of fee increases.” Woodson said

no decisions have been made on future increases, and he re-emphasized that this is the first increase since TRICARE’s inception.

“I would like everyone to understand that because of the ... cost of health care, TRICARE is trying to responsibly manage its cost and ensure that this benefit is available for the future for those that who will serve,” Woodson said.

“This does require some adjustment in fees, but we’ve taken a position to really only modestly increase these fees, understanding that those men and women who have committed to service in the nation’s military should have a more generous benefit than those in the civilian sector.”



Photos by Tiffany Boulez

Visitors to the FSH Oktoberfest can enjoy rides, games, food and much more Oct. 14-15.

OKTOBERFEST from PI

ron. "Families really enjoy Oktoberfest because there is so much to do for both children and parents."

The schedule of events includes the official tapping of the first keg at 5 p.m. Oct. 14, followed by the Seven Dutchmen at 6 p.m. and Roger Hernandez at 8 p.m.

On Oct. 15, the Army Medical Command Band entertains at noon, followed by Slim Bawb

(2 p.m.), the Texas Lady Bugs (4 p.m.), Big Wally (5:30 p.m.), Clay McClinton (7:30 p.m.) and Matt Poss (9:30 p.m.).

In addition, the two days of German-style entertainment includes Bavarian dancing, live music, games, prize drawings, a children's activity tent and carnival rides. Arts and crafts vendors will be selling their goods and a pizza-eating contest will top off the fun for all ages.

Admission to Oktoberfest is free and open

to the public. Parking is also free.

Visitors may enter through one of four gates: Walter Street gate off I-35, Harry Wurzbach Gate off Loop 410 and Harry Wurzbach Road; Binz-Engleman gate off I-35 and Binz-Engleman Road; and Wilson Gate off Broadway and Cunningham Roads.

All vehicle occupants ages 16 years and older must present a valid photo ID to enter gates.

Visit fortsamhouston-mwr.com or call 221-2801 for more information on Oktoberfest.



There will be plenty of live music to enjoy at Oktoberfest.

Force Support Squadron
Family & MWR

Announcements

Gun Stand Drawing

A drawing will be held Oct. 15 at 9 a.m. for gun stands. Hunters who purchase a Camp Bullis gun hunting permit before Oct. 15, will automatically be entered in the drawing. Those selected will be given their choice of a stand and the weekend they want to hunt based on available dates. The drawing is open to all DoD cardholders who hold a hunter education card or certificate from a state or province. Call 295-7529/7577.

Stage Fright

The Center Stage youth performers will entertain with some howling

good tunes Oct. 16, 21-23 and 30 at 6:30 p.m. at the Harlequin Dinner Theatre, Building 2652, Harney Road. To reserve a seat, call 222-9646.

Driver's Education Class

SKIESUnlimited will offer a driver's education class for youth 14-18 years old Oct. 17-Nov. 10, Monday-Thursday 5-7 p.m. at Cole High School in Room 5, 4001 Winans Road. Call 221-3381 or 771-2148.

Armed Forces Action Plan Conference

The Armed Forces Action Plan Conference will be held 9 a.m. to 4 p.m. Nov. 15-18 at the Sam Houston Community Club. This is an opportunity to voice concerns and recommend changes regarding military quality of life to DOD leadership and Fort Sam Houston

commanders. Submit your issues by Oct. 21. To participate or submit issues, call 221-2604/2705 or email jbsa.afap@gmail.com.

Teen Armed Force Actions Plan

This is an opportunity to let teachers, school leaders and Fort Sam Houston commanders know how to improve military family life. Submit issues and applications to participate in the conference by Oct. 25 to school leaders, Child, Youth and School Services Programs or email jbsa.afap@gmail.com. The Teen AFAP conference will be held Nov. 17, 9 a.m.-4 p.m. and Nov. 18, 9 a.m.-noon at the Sam Houston Club.

Youth Center Haunted House

The Youth Center will hold a haunted house Oct. 21, 22, 28, 29 and 31, from 6-10 p.m. in Building 1630, Watkins Road. The cost is

\$2, and is open to all ages. Call 221-3502.

Microsoft Office Classes

- Oct. 18 - Access Level 1
- Oct. 19 - Excel Level 3
- Oct. 25 - Access Level 2
- Oct. 26 - PowerPoint Level 1
- Oct. 27 - PowerPoint Level 2

Classes are held at the Roadrunner Community Center, Building 2797 from 8 a.m.-noon. Registration is required, call 221-2518/2705.

Calendar of Events

Oct. 13

Battlemind Pre-Training for Families

The training is 5:30-7:30 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Oct. 14-15
Oktoberfest

The festival will be held Oct. 14 from 5-11 p.m. and Oct. 15, noon-11 p.m. at MacArthur Parade Field. Oktoberfest is fall family fun with a tent full of children's activities, an authentic biergarten and all the schnitzel you can eat. Call 221-9904.

Oct. 17

Pre-Deployment Planning

The class is 9 a.m.-3 p.m. at the Roadrunner Community Center, Building 2797. Call 221-1829/0946.

Saving and Investing

The class is 2-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1612.

Step Families 101

This six-part series begins Oct.

17 from 11 a.m.-1 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-0349.

Oct. 18

Building Effective Anger Management Skills

This six-part series begins Oct. 18 from 11 a.m.-12:30 p.m. at the Red Cross, Building 2650. To register, call 221-0349.

Credit Report? Where do you stand?

The class is 2-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1612.

Oct. 19

EFMP: Behavior Management

The class is 8:30 a.m.-1 p.m. at

See MWR, P18



Announcements

It's Up To Me To Be Drug Free Contest

Student's kindergarten through 12th grade can enter to win an iPad 2 and \$1,000 for their school by decorating their homes' mailbox, front door or fence with the theme, "It's Up To Me To Be Drug Free," and uploading pictures to <http://www.redribbon.org/enter>, then friends and family can vote for their

entry Nov. 1-15.

Looking For Golfers

Join the Fort Sam Houston Dawg Fight golf group. The group plays on weekends and holidays, at top local area resorts and private courses. Visit <http://www.dawgfight.com> for information.

Second Division Association

The Second (Indianhead) Division Association is searching for anyone who served in the 2nd Infantry Division. For information about the association and their annual reunion in Reno, Nev., Aug. 23 - 27 visit <http://www.2ida.org> or call 224-225-1202.

Employment Initiative Program Job Fairs

The South Texas Employment Initiative Program, a coalition of the Department of Defense's Employer Support of the Guard and Reserve, the Department of Labor/Veterans' Employment and Training Service, the Texas Veterans Commission and the Alliance for Veterans and Families, assists veterans with immediate assistance and/or training and then connecting them with employers who are ready to hire. The EIP is supporting career fairs: the Military Officers Association of America Career Fair and Workshop at the Marriott Riverwalk Oct. 26-27 and the Non Commissioned

Officers Association Career Fair and Workshop at the Norris Convention Center Nov. 15. Career fairs are open to current and prior service military personnel, active duty and Reserve.

Neanderthal Trail Run

Register now for the Neanderthal Trail Run sponsored by Troop Support Company. The 11-kilometer (about 7.1 miles) run will be held Dec. 2 beginning 6:30 a.m. from Building 5130 Wilkerson Road on Camp Bullis. Must register prior to race day, cost is \$30/civilian and \$20/military

See COMMUNITY, P18

Weekly Weather Watch						
	Oct 13	Oct 14	Oct 15	Oct 16	Oct 17	Oct 18
San Antonio Texas	86° Sunny	83° Sunny	82° Sunny	83° Sunny	83° Sunny	85° Mostly Sunny
Kabul Afghanistan	69° Sunny	73° Sunny	75° Sunny	74° Sunny	74° Sunny	76° Sunny
Baghdad Iraq	93° Sunny	92° Sunny	95° Mostly Sunny	97° Sunny	94° Sunny	92° Sunny

(Source: The Weather Channel at www.weather.com)

MWR from P17

the Roadrunner Community Center, Building 2797. Call 221-0600/2962.

BOSS Meeting

Better Opportunities for Single Service Members will meet at 1:30 p.m. at Benner Barracks on Wilson Way.

Mandatory Initial First Termer Financial Readiness

The class is noon-2 p.m. at the Education Center, Building 2248. To register, call 221-1612.

Oct. 22 Equine Vaccination Clinic

The clinic is 10 a.m.-noon at the Fort Sam Houston Equestrian Center. Pre-register by Oct. 14. All services are prepaid and for DEERS-enrolled horse owners only. Call 808-6101/6104.

Oct. 25 Holiday Job Fair

The job fair is 5-7 p.m. at the Roadrunner Community Center, Building 2797. This fair is open to the entire Fort Sam Houston community. Call 221-0516/0427.

Oct. 27 Old Haunts, New Buildings Tour

The tour begins at 9 a.m. from the Roadrunner Community Center, Building 2797 and finishes at 1

p.m. Open to all DOD ID cardholders. Call 221-5002.

Oct. 28 Family Fun Day Carnival

A carnival will be held from 3-5 p.m. at the Child Development Center, Building 2530, Funston Road. This event is open to CDC Patrons. Call 221-5002.

Halloween Carnival

School Age Services will hold a Halloween carnival, 4- 5:45 p.m. in Building 1703, Winans Road for children ages 6 to 11. Call 221-5151.

Oct. 29 Combat Medic Run

The event will begin at 7:30 a.m. at the Command Pavilion on MacArthur Parade Field. Cost is \$15/5K and \$20/10K for online registration through Oct. 26 and \$20/5K and \$25/10K for online late registration Oct. 27-28. One day waived late fee, Oct. 27 10 a.m.-5 p.m. Packet pick at the Jimmy Brought Fitness Center. Call 221-1234.

Spooky Storytime

Story time is 2:30-3:30 p.m. at the Keith A. Campbell Library, Building 1222, Harney Road, with a costume parade, stories, crafts and more Halloween-style fun. For children in preschool through middle school. Call 221-4702.

COMMUNITY from P17

with ID card, fee includes T-shirt. Call 295-7697 for information.

Toastmasters Club

The club meets the second and fourth Wednesday of every month noon-1 p.m. in the Joint Program Management Office conference room 1A, Building 4196. Call 663-4814 or 850-420-1610 or visit <http://www.futurespeakers.freetoasthost.org>.

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets the third Thursday of each month at 5 p.m. at the Longhorn Café, 1003 Rittiman Rd. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-0584 or 889-8212 for information.

Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the third Thursday of each month at noon in the Men's Card Room at the Fort Sam Houston Golf Club. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 808-1732 or 221-0144.

Calendar of Events

Oct. 13

Tell Me A Story

"Giraffes Can't Dance" will be read at 5:30 p.m. at the Fort Sam Houston Elementary School Gymnasium. Admission is free. To reserve a spot email PtoP.SamHouston@MilitaryChild.org, include name, phone number and email address.

Oct. 15

McAllister Park Walk

The Fort Sam Houston Texas Wanderers Volksmarch club will host a 6K and 10K walk starting at the McAllister Park, Salado Creek Trailhead/Dog Park parking area, 13102 Jones Maltsberger Rd. Walks start between 8-11 a.m., finish by 2 p.m. Call 658-2160 or visit <http://www.walktx.org/TexasWanderers/>.

Oct. 16

Fall Bike Ride, Hondo to Quihi

The BTC Oddsports Volksmarch club will host a 27K bike event starting at the parking lot across from Hondo Community and Senior Center, 1006 18th St. in Hondo. Event starting between 7:30-10:30 a.m., finish by 1:30 p.m. Call 204-9301 or http://faculty.sulross.edu/cbaulch/index_files/Page615.htm.

Oct. 18

AFCEA Luncheon

Retired Lt. Col. Chris Van Dyke, U.S. Army Forces Command Mis-



For Sale: Weider weight set 250lbs total plates with storage rack,\$90; Bowflex Sport Home Gym with leg attachment,\$150; new Saunders Lumbar Traction Hometrac Deluxe, \$300; ComforTENS Plus unit with pads, \$30; 9mm Norinco pistol, \$150. Call 808-0916.

For Sale: 1994 Mercury Cougar, maintenance records available, 53,100 miles, runs great, \$2,399; REM split mattress king-size, can be separated for two singles, split vibrator, both head and foot can be raised and lowered individually, only 7 months old, individual controls for each side, \$3,499; upright Stuyvesant piano, plays well, good tone, needs tuning and some minor repair on body, \$749. Call 659-6741.

For Sale: Spa and nail complete

sion Support Element, will speak at 11 a.m. Oct. 18 during the San Antonio Armed Forces Communications Electronics Association monthly luncheon at the San Antonio Doubletree Hotel, 37 NE Loop 410. The event is open to the public. Reservations are available online at <http://Ez.com/OctAFCEAreservation> or call 870-4706.

REMINDER CALENDAR

Oct. 14 Hispanic American Heritage Month Event, 11:30 a.m.-1 p.m., Blesse Auditorium

Oct. 14 Oktoberfest, 5-11 p.m., MacArthur Field

Oct. 15 Oktoberfest, noon-1 p.m., MacArthur Field

Oct. 25 Holiday Job Fair, 5-7p.m., Roadrunner Community Center

Oct. 29 Combat Medic Run, 7:30 a.m., MacArthur Field

set, \$500; living room couch and love seat, \$75; round wood table with four leather seat stools, \$95; dryer, \$60; wood book shelf, 2 feet by 4 feet, \$20, Call 241-1291.

For Sale: Rascal electric wheelchair with manual, price negotiable. Call 661-3765.

Oct. 20 Cloverleaf Communicators Club

The Cloverleaf Communicators Club will celebrate Founder's Day 11:45 a.m-1 p.m. in the San Antonio Credit Union conference room. Meetings are held the first and third Thursday of every month 11:45 a.m.-1 p.m. Call 916-3406 or 221-8785 or visit <http://power-talkinternational.com/>.

Rocco Dining Facility Menu Building 2745, Schofield Road

*Dining Room Breakfast Hours:
Monday-Friday 6:15-8:15 a.m.,
weekends and holidays 8-9:30 a.m.*

Friday – Oct. 14

Lunch – 11 a.m. to 1 p.m.

Chicken gumbo soup, cream of mushroom soup, baked ham, roast beef, spaghetti with meat sauce, spaghetti with marinara sauce, oven-fried fish, scalloped potatoes, rice pilaf, broccoli, peas and carrots, fried cabbage

Dinner – 5 to 7 p.m.

Savory baked chicken, Swiss steaks, tuna and noodles, eggplant parmesan, Kansas medley rice, mashed potatoes, okra and tomato gumbo

Saturday – Oct. 15

Lunch – noon to 1:30 p.m.

Beef rice soup, cream of potato soup, baked turkey patties, lemon-pepper fish, barbecued beef cubes, cheese tortellini, lyonnaised

potatoes, orzo with lemon and herbs, green beans, honey Dijon vegetables

Dinner – 5 to 6:30 p.m.

Buffalo chicken, gyro sandwiches, pepper steak, sweet potatoes, black beans and corn, oven-browned potatoes, caviar medley rice, spinach, glazed carrots

Sunday – Oct. 16

Lunch – noon to 1:30 p.m.

Chicken noodle soup, vegetable soup, chicken parmesan, beef teriyaki, chow mein noodles, grilled pork chops, broccoli- rice and cheese, steamed rice, O'Brien potatoes, vegetable stir fry, lima beans

Dinner – 5 to 6:30 p.m.

Grilled steaks, chicken cordon bleu, hamburgers, cheeseburgers, cheese sandwiches, grilled chicken sandwiches, vegetarian burgers, baked potatoes, sauteed mushrooms and

onions, broccoli, mixed vegetables, french fries

Monday – Oct. 17

Lunch – 11 a.m. to 1 p.m.

Creole soup, cream of mushroom soup, meat loaf, cranberry-glazed chicken breasts, Italian rice and beef, Italian broccoli pasta, parmesan baked fish, lyonnaised potatoes, rice pilaf, collard greens, cauliflower, smothered squash

Dinner – 5 to 7 p.m.

Roast turkey, meatball stroganoff, stuffed Pollock, vegetable lasagna, egg noodles, cornbread dressing, mashed potatoes, stewed tomatoes, green peas, herbed broccoli

Tuesday – Oct. 18

Lunch – 11 a.m. to 1 p.m.

Old fashioned bean soup, cream of potato soup, roast pork tenderloin, chili macaroni, shrimp jambalaya, cheese ravioli, Italian roasted

potato wedges, wild rice, Mexican rice, California blend, pinto beans, zucchini and yellow squash

Dinner – 5 to 7 p.m.

Pepper steak, honey-ginger chicken breasts, pork chops Mexicana, whole wheat cheese pizza, mashed potatoes, steamed rice, rice pilaf, Brussels sprouts parmesan, corn O'Brien, carrots

Wednesday – Oct. 19

Lunch – 11 a.m. to 1 p.m.

Chicken noodle soup, cream of tomato soup, beef stir fry, oven fried chicken, lemon-baked fish, apple-glazed corned beef, pasta primavera, parslied red potatoes, steamed rice, fried cabbage

Dinner – 5 to 7 p.m.

Cantonese spareribs, catfish fillets, chicken tetrazzini, grilled chicken breasts with onions peppers and mushrooms, Japanese vegetable stir fry, mashed sweet potatoes, fried rice, steamed rice, mixed

vegetables, tangy spinach

Thursday- Oct. 20

Lunch – 11 a.m. to 1 p.m.

Asian stir fry soup, cream of chicken soup, baked turkey and noodles, Salisbury steaks, sweet and sour chicken, vegetable curry with rice, redskin potatoes, steamed rice, carrots, Brussels sprouts,

vegetable stir fry

Dinner – 5 to 7 p.m.

Fish amandine, beef lasagna, rock Cornish hens, vegetable lasagna, orzo with spinach, tomato and onions, mashed potatoes, green bean combo, Chinese fried cabbage

Menus are subject to change without notice

Edwards Aquifer Level

in feet above sea level
as of Oct. 11

CURRENT LEVEL * = 651.2'

*determines JBSA water conservation stage

Normal - above 660'

Stage I - 660'

Stage II - 650'

Stage III - 642'

Stage IV - 640.5'

Stage V - 637'

